VEGETARIAN & VEGAN GUIDE

HEALTHY LIVING ON CAMPUS
Healthy Living on Campus

Seminole Dining has a variety of unique options to satisfy vegan and vegetarian preferences at all of our locations. We strive to accommodate a wide range of dietary needs and lifestyles.

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Healthy Living on Campus

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Locate a healthier choice! All Mindful offerings meet stringent nutritional criteria based on the Dietary Guidelines for Americans. Each Mindful item is limited in calories, has fewer than 30% of calories from fat, fewer than 10% of calories from saturated fat, and is restricted in sodium and cholesterol.

Vegetarian Offerings
Menu items with the vegetarian icon contain no meat, fish or poultry, or any meat products such as soup base. Our vegetarian offerings meet the needs of lacto-ovo vegetarians and may include eggs and/or dairy products.

Vegan Offerings
Vegan offerings contain no meat, fish, eggs, milk or other animal-derived products such as honey.

Local
The Local menu identifier shows you what produce was sourced within a 250 mile radius.

Fresh from Florida
Partnered with Fresh from Florida, we are able to offer products that are grown, raised or caught in Florida. Look for the Fresh from Florida logo at your favorite campus dining destinations.

Helpful Links
SeminoleDining.com
Vegetarian Resource Group | vrg.org
Vegetarian nutrition | vegetariannutrition.net
Sodexo Mindful Program | mindful.sodexo.com

Please note: Every effort is made to provide accurate information at the time of publication, however changes in products can occur. For a comprehensive list of additional items, please visit our locations.
HEALTHY LIVING ON CAMPUS

4Rivers Smokehouse
Oglesby Union
Mac & Cheese
French Fries
Bag of Chips
Coleslaw
Baked Cheese Grits
Texas Cornbread
Side Salad

The Canteen
1851 in Azalea Hall
Vegan & Vegetarian options available

Chick-fil-A Express
Honors, Scholars & Fellows House
Side Salad (without cheese)
Market Fresh Salad without chicken (without cheese and granola)
Fruit Cup
Waffle Potato Fries
Hashbrowns (breakfast only)
Biscuit (without chicken at breakfast)
Milkshakes
Ice Dream Cup and Cone
Diet Lemonade
Lemonade

Dressings and Sauces:
Light Italian Dressing
Avocado Lime Dressing
Buttermilk Ranch Dressing
Zesty Apple Cider Vinaigrette
Fat Free Honey Mustard Dressing
Reduced Fat Berry Vinaigrette Dressing
Barbecue Sauce
Buffalo Sauce
Buttermilk Ranch Sauce
Chick-fil-A Sauce
Honey Mustard Sauce
Honey Roasted BBQ Sauce
Polynesian Sauce

COE Cafe
College of Engineering
Made-to-Order Omelet
Breakfast Wrap
Breakfast Sandwich
Cinnamon Rolls
Scrambled Eggs
Fried/Poached Egg
French Toast
Pancakes
Everything/Plain Bagel
Grits/Cheese Grits
Biscuit
Veggie Burger
Sides:
Onion Rings
French Fries
Side of Beans
Side of Rice

The Community Table
Oglesby Union
Baked Macaroni and Cheese
Spaghetti Marinara
Penne Alfredo with Broccoli
Seminole Pies Cheese Pizza
Eggplant Parmesan
Black Bean and Plantain Burger without sauce
Caesar Salad
Sushi
Sides:
Side Salad

The Den
Student Services Building
Hand Dipped and Spun Shakes (Chocolate, Vanilla, Oreo, Chocolate Stout, Vanilla Stout)
The Den Burger (with veggie patty)
The Double Den Burger (with veggie patties)
The (Little) Den Burger (with veggie patty)
Breakfast Scramble Burger (with veggie patty, without bacon)
(Bacon) Avocado Club Burger (with veggie pattie, without bacon)
Chipotle (Bacon) Cheeseburger (with veggie patty, without bacon)
Veggie Mash Up Burrito
Veggie Mash Up Burger
Pancakes
Egg White Ranchero Brioche Breakfast Melt
Yogurt Parfait
Fruit Salad
Sides:
Mozzarella Cheese Sticks
Onion Rings
French Fries
Side of Beans
Side of Rice

Doctor’s Inn
College of Medicine
All Beverages
(many drinks with milk can be made vegan by substituting Soy Milk or Almond Milk)
Grill:
Veggie Burger
Deli:
Build your own Vegan or Vegetarian sandwich, wrap or salad

Einstein Bros. Bagels
Oglesby Union
Hummus Veg Out Signature Sandwich
Egg Sandwiches:
Asparagus & Mushroom Egg White
Cheddar Cheese
Spinach, Mushroom & Swiss Cheese Pizza Bagel
Bagels:
Plain
Everything
Blueberry
Chocolate Chip
Cinnamon Raisin
Sesame Seed
Power Protein
Potato Roll
Multigrain Roll
Asiago
Cinnamon Sugar
French Toast
Honey Whole Wheat
Toppings:
Shmear (excludes Smoked Salmon)
Nutella
Hummus
Peanut Butter
PB&J
Butter Blend
Honey Butter
Kettle Chips
All Beverages
(many drinks with milk can be made vegan by substituting Soy Milk or Almond Milk)

Garnet & Go
University Center A
GRILL:
Veggie Burger
DELI:
Build your own Vegan or Vegetarian sandwich, wrap or salad

*Green Items are Vegan
Mein Bowl

**Mein Bowl**
*featured at Passport in 1851*

- Thai Tofu
- Brown Rice
- White Rice
- Fried Rice
- Vegetable Lo Mein
- Seasonal Vegetables
- Pickled Carrots and Cucumbers
- Fried Shallots
- Asian Slaw
- Steamed Broccoli
- Vegetable Salad with Chili Lime Sauce
- Lettuce Salad with Ginger Miso Dressing
- Jalapeno Slices
- Sushi

**Dressings and Sauces:**
- Chili Lime Sauce
- Thai Yellow Curry Sauce
- 5 Spice Teriyaki Sauce
- Spicy Garlic Sauce

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Noles Homecoming

**Noles Homecoming**
*1851 in Azalea Hall*

The options at Noles Homecoming change daily. Find the menu online at seminoledining.com. Below is a list of typical options:

- Variety of Desserts
- Garbanzo Bean Salad with Tomato
- Yellow Squash, Red Pepper & Peas Saute
- Dinner Rolls
- Oven Roast Rosemary Red Potatoes
- Honey Roasted Butternut Squash
- Broccoli Florets
- Pasta Salad
- Fruit Salad
- Maple Sweet Potatoes
- Garlic Roast Green Beans
- Summer Squash

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**Seminole Café/Suwannee at the Union, FIGG Performance Table**

Check out the vegan station for daily vegan and vegetarian entrees. Many of our dishes can be made meatless, just ask!

For example, some pasta dishes made in small batches can be made meatless, and deli sandwiches can be made meatless. Offerings like cheese pizza and veggie pizza are staples at the pizza station. Comfort stations offer a vegetable and starch option at each meal period – typically these are vegetarian or vegan.

All dining halls have extensive salad bars which feature a wide variety of plant-based protein options. Grill stations have veggie burgers available upon request. Menus available daily at seminoledining.com.

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**Natural Express**

*Leach Center*

**Juices:**
- Fuji Apple
- Granny Smith
- Valencia Orange

**Smoothies:**
- Strawberry Banana
- Cherry Pomegranate
- Chocolate Banana
- Mango Mint
- Pineapple Peach
- Pink Lemonade
- Simply Green
- Wild Berry Chia

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**Starbucks**

*Dirac Science Library, Strozier Library, Main on Woodward*

All Beverages (many drinks with milk can be made vegan by substituting Soy Milk or Coconut Milk)
- Whole Grain Oatmeal
- Plain Bagel
- Multigrain Bagel
- Everything Bagel
- Butter Croissant
- Chocolate Croissant
- Almond Croissant
- Old-Fashioned Glazed Doughnut
- Michigan Cherry Oat Bar
- Egg & Cheddar Breakfast Sandwich
- Spinach & Feta Breakfast Wrap
- Classic Coffee Cake
- Reduced-Fat Cinnamon Swirl Coffee Cake
- Raspberry Chocolate Chip Scone
- Blueberry Scone
- Blueberry Muffin with Yogurt & Honey
- Cranberry Orange Scone
- Raspberry Swirl Pound Cake
- Banana Nut Bread
- Iced Lemon Pound Cake
- Pumpkin Bread
- Petite Vanilla Bean Scone
- Birthday Cake Pop
- Chocolate Cake Pop
- Salted Caramel Cake Pop
- Frappuccino Sugar Cookie
- Chocolate Chip Cookie
- Flourless Chewy Chocolate Cookie
- Oatmeal Cookie
- Double Chocolate Chunk Brownie
- Salted Caramel Square with Pecans

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*Green Items are Vegan*
Starbucks
We Proudly Serve
Locations
Brew to Go at Turnbull Conference Center
Legal Provisions at the College of Law and
Jolt Café at the Mag Lab

All Beverages
*Green Items are Vegan
(many drinks with milk can be made vegan
by substituting Soy Milk or Coconut Milk)
All Bagels
Cheese Pizza Slices
All Pastries
All Muffins

Subway Café
Oglesby Union

Veggie Delite Sub
Veggie Delite Salad
Apples

Breads:
Italian Bread
9-Grain Wheat
9-Grain Honey Oat
Italian Herbs & Cheese
Parmesan Oregano

Flatbread

Egg & Cheese Breakfast Sandwich

All Cookies

All Chips

Veggie Patty Sandwich

All Muffins

Brownie

Hash Browns

All Espresso and Coffee Drinks

Sauces:
Buffalo Sauce
Chipotle Southwest
Fat Free Honey Mustard
Fat Free Sweet Onion
Mayonnaise, Light
Mayonnaise, Regular
Mustard, Yellow
Mustard, Deli Brown

Oil

Red Wine Vinegar

Subway Vinaigrette

*Tres Habaneros
University Center A

Tex Mex Veggie:
Burrito
Tacos
Rice Bowl
Taco Salad
House Made Nachos

Toppings:
Fire Roasted Salsa
Salsa Verde
Pico de Gallo
Chipotle Salsa
Diced Onions
Jalapeno

Chipotle Dressing
Cilantro

Cheddar Cheese
Diced Tomatoes
Shredded Lettuce

Habaneros

Sour Cream

Guacamole

Sides:
Cilantro Lime Rice
Pinto Beans
Black Beans

Vegetarian Refried Beans

Chips and Salsa

*Tuscan Eatery
1851 at Azalea Hall

Caprese Flatbread Pizza
Fennel, Arugula and Ricotta Salad
 Scratch Roasted Vegetable Lasagna
Italian Cucumber Salad
Tossed House Greek Salad
Pizzas:

Cheese

Mediterranean

Vegetable

Grilled Vegetable Panini

Steak ‘n Shake Truck
Thin ’n Crispy Fries
Vanilla Milkshake
Chocolate Milkshake
Strawberry Milkshake

*Green Items are Vegan

Trading Post
Oglesby Union

Vegan & Vegetarian
options available

*Sponsors

HEALTHY LIVING ON CAMPUS
Your Way Café  
Honors, Scholars & Fellows House

Green is Good  
Signature Sandwich

Breads:  
Tortillas  
French Bread  
Kaiser Roll  
Multigrain Bread  
Seeded Brioche Bun  
Sourdough Bread

Greens:  
Romaine Mix  
Spring Mix  
Spinach  
Local/Seasonal Mix

Cheese:  
American  
Cheddar  
Swiss  
Provolone  
Pepper Jack  
Bleu Cheese  
Feta  
Mozzarella  
Parmesan

Protein:  
Marinated Tofu

Toppings:  
Banana Peppers  
Jalapeno Peppers  
Roasted Peppers  
Tomatoes  
Red Onion  
Egg Wedges  
Croutons  
Edamame  
Beets  
Seasonal Berries  
Pecans & Walnuts  
Cucumbers  
Shredded Carrots  
Lentils  
Quinoa

Condiments:  
Light Mayo  
Spicy Mustard  
Russian Dressing  
Horseradish Mayo  
Cranberry Mayo  
Sriracha Mayo  
Buttermilk Ranch  
Fat-Free Italian  
Honey Balsamic  
Bleu Cheese  
Hummus  
Sundried Tomato Pesto

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